

# **Add-On Course**

**On**

## **Understanding and Promoting Mental Health and Emotional Well-being in the Student Community**



*Department of English*

**Silda Chandrasekhar College**

**Session: 2023 – 24**

**Course Title:**

*Understanding and Promoting Mental Health and Emotional Well-being in the Student Community*

**Context:**

With rising academic demands, social pressures, and personal challenges, students today face a unique set of mental health issues. The transition into college or university life, balancing academics with personal life, and the pervasive impact of social media add layers of stress that can often go unaddressed. Mental health struggles such as anxiety, depression, and burnout are increasingly common among students, yet these topics remain stigmatized or misunderstood within educational settings. This course will provide a comprehensive foundation in understanding mental health challenges and promoting emotional resilience. It aims to break down misconceptions, create a culture of acceptance, and empower students with practical skills to support their well-being.

**Prerequisite:**

This course welcomes all students with no academic prerequisites. An open mind and a commitment to active participation in discussions, group activities, and self-reflective exercises are encouraged. The course is suitable for students from any academic background who are interested in understanding mental health and supporting well-being in their community.

**Course Objective:**

This course aims to:

1. Enhance students' awareness of mental health challenges and their impact on academic, personal, and social life.
2. Equip students with tools to identify and manage common issues like stress, anxiety, and depression.
3. Teach coping mechanisms for emotional resilience, focusing on positive thinking, stress management, and mindfulness.
4. Encourage an open dialogue around mental health to reduce stigma and foster peer support.
5. Introduce students to mental health resources, helping them recognize when and how to seek professional assistance.
6. Enable students to contribute positively to the mental health culture on campus, creating a ripple effect of awareness and empathy.

**Programme Highlights and Unique Features:**

1. **Interactive Workshops:** Conducted by trained mental health professionals, these workshops cover essential topics like stress management, positive self-talk, emotional regulation, and mindfulness practices.
2. **Self-care and Mindfulness Practices:** Students will learn actionable self-care routines and mindfulness techniques to manage stress in their day-to-day lives.

3. **Role-play and Simulation Exercises:** Real-world scenarios will be simulated to help students practice conflict resolution, active listening, and empathetic communication in a safe environment.
4. **Guest Lectures:** Insights from psychologists, counselors, social workers, and mental health advocates will provide students with diverse perspectives on maintaining mental health.
5. **Group Discussions and Peer Support Circles:** Regular group activities encourage open dialogue and sharing among peers, strengthening community bonds and empathy.
6. **Case Studies:** Detailed case studies on real-life mental health challenges offer students a chance to analyze and discuss strategies for addressing these issues.
7. **Resource Toolkit:** A curated list of online and offline resources, including support hotlines, mental health organizations, self-help books, and reliable mental health websites.
8. **Continuous Access to a Virtual Support Forum:** A moderated online platform will allow students to interact, share their experiences, and continue supporting each other beyond the course.

#### **Career Prospect:**

Understanding mental health is increasingly valuable across many fields. This course equips students with insights and skills that can be applied in:

- **Education:** Students with a background in mental health are better prepared for roles in teaching, counseling, or educational administration.
- **Healthcare and Social Work:** Understanding mental health equips students for careers in healthcare, nursing, psychology, and social work, where they may interact with clients facing mental health issues.
- **Human Resources and Corporate Wellness:** Employers prioritize mental health in the workplace, making this course useful for those interested in human resources, corporate training, or employee wellness roles.
- **Community and Youth Work:** For those interested in working with youth, community organizations, or NGOs, mental health knowledge will help them support individuals facing emotional and psychological challenges.
- **Advocacy and Policy:** This course provides a foundation for students aiming to influence mental health policies or advocate for mental health awareness.

**Faculty Requirement:** Department of English

**Course Fee:** Nil

**Target Students:** B.A. (Hons. & Gen.), B.Sc. (Hons. & Gen.)

**Intake Capacity:** 50

**Contact Hours:** 30 Hours

**Course Outcome:**

Upon completing the course, students will be able to:

1. **Understand Key Mental Health Concepts:** Define mental health, recognize common mental health issues (such as anxiety, depression, and burnout), and appreciate the importance of mental well-being.
2. **Identify Symptoms and Triggers:** Recognize early signs of mental health struggles in themselves and others, identifying potential stressors, triggers, and patterns associated with mental health challenges.
3. **Practice Emotional Regulation Techniques:** Develop personal coping mechanisms and emotional regulation techniques, such as mindfulness, journaling, and positive self-talk.
4. **Communicate Empathetically and Supportively:** Utilize skills in active listening and empathetic communication to provide non-judgmental support to peers.
5. **Encourage and Destigmatize Mental Health Conversations:** Advocate for open discussions on mental health within the student community, fostering a culture of acceptance and support.
6. **Recognize and Seek Professional Support:** Understand when and how to seek professional help, navigating resources on and off campus, and guide peers to appropriate mental health resources if needed.
7. **Contribute to Positive Campus Culture:** Apply their knowledge and skills to enhance the mental health culture on campus, acting as mental health ambassadors who promote well-being and resilience within their student community.

**Course Co-Ordinator: Atanu Bera, Assistant Professor, Department of English**

**II. Curriculum Structure of the Add-On Course**

Unit Title	Hours	No of Lectures
1. Introduction to Mental Health	6	6
2. Stress and Anxiety Management	6	6
3. Building Resilience and Self-care	6	6
4. Effective Communication Skills	6	6
5. Seeking Help and Creating a Supportive Environment	6	6
Total	30	30

**III. Detailed Curriculum of the Course****Unit – 1: Introduction to Mental Health [6 Lectures]**

- Definition and Importance of Mental Health

- Common Mental Health Challenges in Students (e.g., stress, anxiety, depression, burnout)
- Myths and Misconceptions about Mental Health
- Stigma around Mental Health and its Impact on Seeking Help
- Overview of Emotional Well-being and Its Role in Academic Success
- Introduction to Coping Mechanisms and Support Networks

### **Unit – 2: Stress and Anxiety Management [6 Lectures]**

- Understanding Stress and Its Sources (academic, personal, social)
- Symptoms and Effects of Anxiety and Burnout
- Time Management and Organizational Skills for Reducing Stress
- Techniques for Managing Academic Pressure and Exam Anxiety
- Guided Practices: Deep Breathing, Progressive Muscle Relaxation
- Practical Application: Creating a Personal Stress Management Plan

### **Unit – 3: Building Resilience and Self-care [6 Lectures]**

- Importance of Resilience in Facing Academic and Social Challenges
- Identifying Personal Strengths and Building Self-Esteem
- Self-care Practices: Physical Activity, Nutrition, Sleep, and Relaxation
- Positive Self-talk and Challenging Negative Thought Patterns
- Journaling, Goal-setting, and Visualizing Success
- Practicing Mindfulness and Meditation for Emotional Balance

### **Unit – 4: Effective Communication Skills [6 Lectures]**

- Role of Communication in Maintaining Mental Health and Building Relationships
- Active Listening, Empathy, and Non-judgmental Support
- Assertive Communication Skills for Expressing Emotions and Setting Boundaries
- Role-play Exercises: Handling Difficult Conversations with Peers
- Understanding and Respecting Diverse Perspectives on Mental Health
- Using Communication to Build a Supportive Peer Network

### **Unit – 5: Seeking Help and Creating a Supportive Environment [6 Lectures]**

- Recognizing When to Seek Professional Help and Overcoming Barriers
- Types of Mental Health Support: Counseling, Therapy, Hotlines, Peer Support
- Exploring Campus and Community Resources for Mental Health
- Understanding the Role of a Supportive Environment in Academic Success
- Creating a Positive Campus Culture for Mental Health Awareness
- Group Activity: Developing a Mental Health Awareness Campaign

## **IV. Lesson Plan of the Course**

(1 Lecture = 1 hour)

<b>Lecture</b>	<b>Content</b>
<b>1</b>  Introduction to mental health and its components: emotional, psychological, and social well-being. Discussion on why mental health is critical for students, affecting their learning, relationships, and personal development.	<b>Definition of Mental Health and Its Relevance in Student Life</b>
<b>2</b>  Exploration of common mental health challenges that students face, including causes and symptoms of stress, anxiety, and depression. Introduction to how these conditions manifest in daily life.	<b>Overview of Common Mental Health Issues (Stress, Anxiety, Depression)</b>
<b>3</b>  Discuss prevalent myths and misconceptions about mental health and how these stigmas create barriers to seeking help. Interactive activity to identify and debunk common myths in the student community.	<b>Myths, Misconceptions, and Stigma around Mental Health</b>
<b>4</b>  How emotional well-being supports cognitive functions like memory, concentration, and problem-solving. Understanding the connection between mental health and academic performance, with case studies of real-life situations.	<b>Emotional Well-being and Academic Success</b>
<b>5</b>  Overview of different coping mechanisms, including self-care, seeking help, and building social connections. Discussion on the importance of support networks (friends, family, mentors) in maintaining mental health.	<b>Introduction to Coping Mechanisms and Support Networks</b>
<b>6</b>  Interactive session to review Units 1–5. Group discussion to share personal insights, and an activity to identify personal goals for managing mental health.	<b>Recap and Discussion on Mental Health Topics</b>

<b>Lecture</b>	<b>Content</b>
<p><b>7</b></p> <p>Deep dive into academic, social, and personal sources of stress and anxiety in student life. Brainstorming session to identify individual sources of stress among students.</p>	<p><b>Understanding Sources of Stress and Anxiety</b></p>
<p><b>8</b></p> <p>Identifying physical, emotional, and behavioral symptoms of anxiety and burnout. Discussing the long-term impact of unaddressed stress and anxiety on students' health and performance.</p>	<p><b>Symptoms and Effects of Anxiety and Burnout</b></p>
<p><b>9</b></p> <p>Effective time management techniques, including prioritization, scheduling, and breaking down tasks. Practical exercise on creating a weekly schedule to balance academic and personal responsibilities.</p>	<p><b>Time Management and Organizational Skills</b></p>
<p><b>10</b></p> <p>Strategies to manage pre-exam anxiety, including study planning, relaxation techniques, and confidence-building. Introduction to cognitive reframing techniques to combat self-doubt.</p>	<p><b>Techniques for Managing Exam Anxiety and Academic Pressure</b></p>
<p><b>11</b></p> <p>Practice session on deep breathing exercises and progressive muscle relaxation. How to use these techniques to calm the mind and body during stressful situations.</p>	<p><b>Guided Deep Breathing and Muscle Relaxation Exercises</b></p>
<p><b>12</b></p> <p>Students develop their own stress management plans, identifying stressors and selecting appropriate coping techniques. Group feedback to refine strategies for individual needs.</p>	<p><b>Personal Stress Management Plan Creation</b></p>
<p><b>13</b></p> <p>Understanding resilience as the ability to bounce back from adversity. Discussion on the components of resilience (optimism, self-awareness, perseverance) and how to develop them.</p>	<p><b>Resilience and Its Importance for Student Life</b></p>
<p><b>14</b></p> <p>Exploring techniques for recognizing and building on personal</p>	<p><b>Identifying Personal Strengths and Boosting Self-Esteem</b></p>

<b>Lecture</b>	<b>Content</b>
<p>strengths. Activity on self-reflection to improve self-esteem and self-worth.</p>	<p><b>Self-care Essentials: Physical Activity, Nutrition, Sleep</b></p>
<p><b>15</b></p> <p>Importance of physical health (exercise, nutrition, sleep) in supporting mental well-being. Group brainstorming on practical self-care habits and creating a self-care checklist.</p>	<p><b>Challenging Negative Thought Patterns and Practicing Positive Self-talk</b></p>
<p><b>16</b></p> <p>Introduction to cognitive behavioral techniques for identifying and reframing negative thoughts. Practical exercises on practicing positive self-talk and affirmations.</p>	<p><b>Journaling, Goal-setting, and Visualization Techniques</b></p>
<p><b>17</b></p> <p>Guided journaling session to explore emotions and set goals. Introduction to visualization exercises to reduce anxiety and reinforce a positive mindset.</p>	<p><b>Mindfulness and Meditation Practices</b></p>
<p><b>18</b></p> <p>Practice session on basic mindfulness and meditation techniques. How to incorporate these practices into daily routines for improved focus and relaxation.</p>	<p><b>Role of Communication in Mental Health</b></p>
<p><b>19</b></p> <p>Overview of how effective communication enhances mental health, helping students express emotions and reduce misunderstandings in relationships. Discussion on common communication barriers.</p>	<p><b>Practicing Active Listening and Empathy</b></p>
<p><b>20</b></p> <p>Interactive exercises to practice active listening and empathy. Role-play scenarios to reinforce these skills in everyday interactions.</p>	<p><b>Assertive Communication and Setting Boundaries</b></p>
<p><b>21</b></p> <p>Importance of assertiveness in maintaining mental health. Techniques to communicate needs and set boundaries with friends, family, and professors respectfully.</p>	<p><b>Role-play Exercises:</b></p>
<p><b>22</b></p>	



## Lecture

## Content

Guided role-play to practice handling challenging conversations (e.g., discussing mental health with peers, seeking help from faculty). Reflection and feedback to improve communication skills.

**23**

Exploring cultural, social, and individual differences in mental health perceptions. Discussion on how understanding diverse perspectives promotes empathy and inclusivity.

**24**

Techniques for building and maintaining supportive friendships. Group activity to brainstorm ways to foster a positive, caring peer environment.

**25**

Guidelines for recognizing signs that professional support may be needed. Overview of different types of mental health professionals and support services.

**26**

Explanation of different mental health support options and when to use each. Interactive discussion on the benefits of seeking help and using campus and community resources.

**27**

Introduction to local and campus mental health resources (counseling centers, hotlines, support groups). Activity to research and share resources for students in their local area.

**28**

How a positive campus culture promotes mental well-being. Discussion on students' roles in fostering a supportive environment. Group brainstorming on actions to enhance campus mental health.

**29**

### **Handling Difficult Conversations**

### **Respecting Diverse Perspectives on Mental Health**

### **Building a Supportive Peer Network**

### **Recognizing When and How to Seek Professional Help**

### **Types of Support: Counseling, Therapy, Hotlines, and Peer Support**

### **Campus and Community Resources for Mental Health**

### **Understanding the Impact of a Supportive Campus Environment**

### **Creating a Mental Health Awareness Campaign**

## Lecture

Group activity to design a mental health awareness campaign, including goals, messages, and strategies to reach the student body. Presentation of ideas and feedback.

**30**

Final reflection on personal growth throughout the course. Summary of key takeaways and final discussions on how students will apply what they've learned to support themselves and others.

## Content

### **Recap, Reflections, and Course Wrap-up**

## **V. Evaluation Policy**

- Total Marks: 50
- Theory Examination (Objective Type / MCQ type): 30
- Project work / Field Work / Practical Examination / Group Discussion (choose any one): 15
- Attendance: 5
- Pass Marks: 25

## **VI. Gradation System**

Marks Obtained Grade

45 – 50 A +

40 – 44 A

35 – 39 B +

30 – 34 B

25 – 29 C

Below 25 Fail

## **VII. Certification**

Students will be awarded by a certificate after the successful completion of the course.

## **Learning Resources for "Mental Health and Emotional Well-being in the Student Community" Course**

### **Books**

1. *Mental Health in Education* by Jonathan Glazzard and Samuel Stones  
Publisher: Sage Publications, 2020
2. *The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity* by Melanie Greenberg  
Publisher: New Harbinger Publications, 2017

3. *The Anxiety and Phobia Workbook* by Edmund J. Bourne  
Publisher: New Harbinger Publications, 2015
4. *Self-Compassion: The Proven Power of Being Kind to Yourself* by Kristin Neff  
Publisher: William Morrow, 2015
5. *Mindfulness for Students* by Stella Cottrell  
Publisher: Red Globe Press, 2018
6. *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness* by Rick Hanson and Forrest Hanson  
Publisher: Harmony Books, 2018
7. *Emotional Intelligence 2.0* by Travis Bradberry and Jean Greaves  
Publisher: TalentSmart, 2009
8. *The Self-Care Handbook: Wellness Advice and Activities for a Healthy Mind, Body & Spirit* by Gill Hasson  
Publisher: Capstone, 2019

### Online Course Material

1. **Introduction to Psychology** – *Yale University on Coursera*  
URL: <https://www.coursera.org/learn/introduction-psychology-yale>  
Description: Covers fundamental aspects of psychology, including mental health, stress, and coping mechanisms.
2. **Positive Psychiatry and Mental Health** – *University of Sydney on Coursera*  
URL: <https://www.coursera.org/learn/positive-psychiatry>  
Description: Focuses on the importance of positive mental health and strategies for well-being.
3. **The Science of Well-Being** – *Yale University on Coursera*  
URL: <https://www.coursera.org/learn/the-science-of-well-being>  
Description: A course on enhancing personal happiness and well-being, addressing concepts like mindfulness, resilience, and emotional health.
4. **Mental Health and Resilience** – *FutureLearn*  
URL: <https://www.futurelearn.com/courses/mental-health-and-resilience>  
Description: This course focuses on understanding mental health, developing resilience, and applying self-care practices.
5. **Managing Emotions in Times of Uncertainty & Stress** – *University of Yale on Coursera*  
URL: <https://www.coursera.org/learn/managing-emotions-uncertainty-stress>  
Description: A course offering techniques to manage emotional responses in stressful times, emphasizing self-compassion and coping.
6. **Mind Control: Managing Your Mental Health During COVID-19** – *University of Toronto on Coursera*  
URL: <https://www.coursera.org/learn/manage-health>  
Description: Focuses on managing mental health challenges, stress management, and coping strategies.